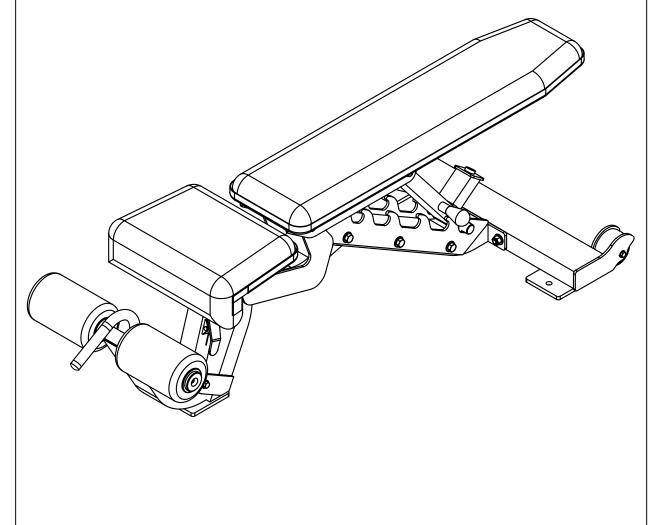


## **CF-2165A**

## **INCLINE/DECLINE**



Note: Both Serial Number and Model Number are Required when Ordering Parts

#### **RECORD SERIAL NUMBER HERE**

**CATALOG NUMBER** 

0603-005

#### **Customer Service**

(800) 548-5438

(858) 578-7676

Fax

 $(858) \overline{578} - 9558$ 

# **CONTENT**

INSTRUCTIONS (Step 1)	. 2
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# Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## **TOOLS REQUIRED**

**Socket Wrench** 

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

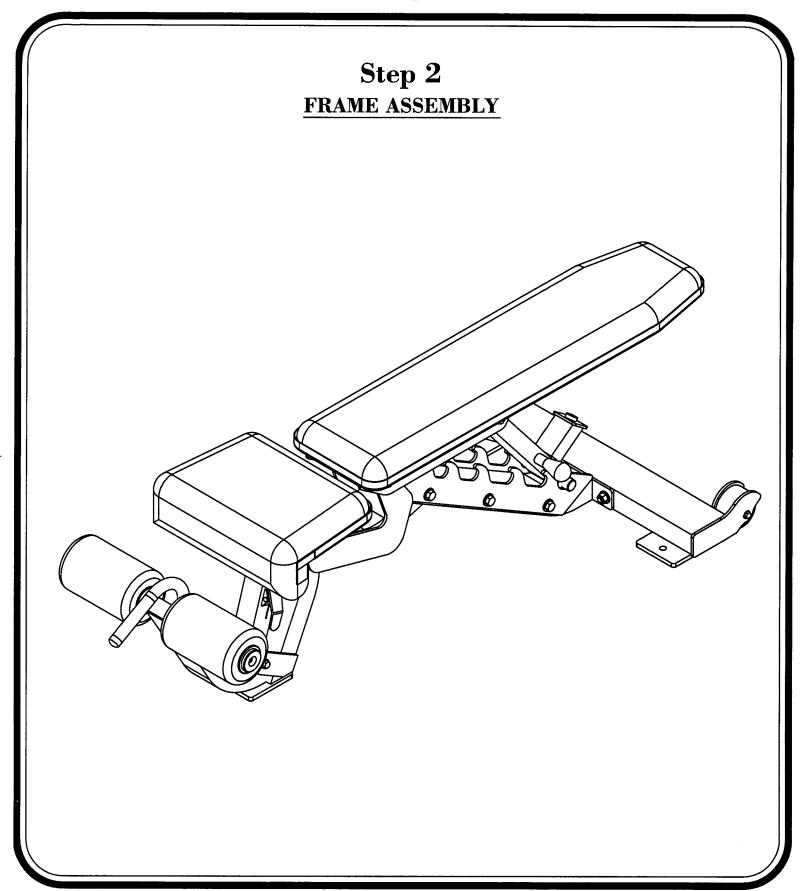
**Crescent Wrench** 

Rubber Mallet

**Tape Measure** 









# Step 2a FRAME ASSEMBLY

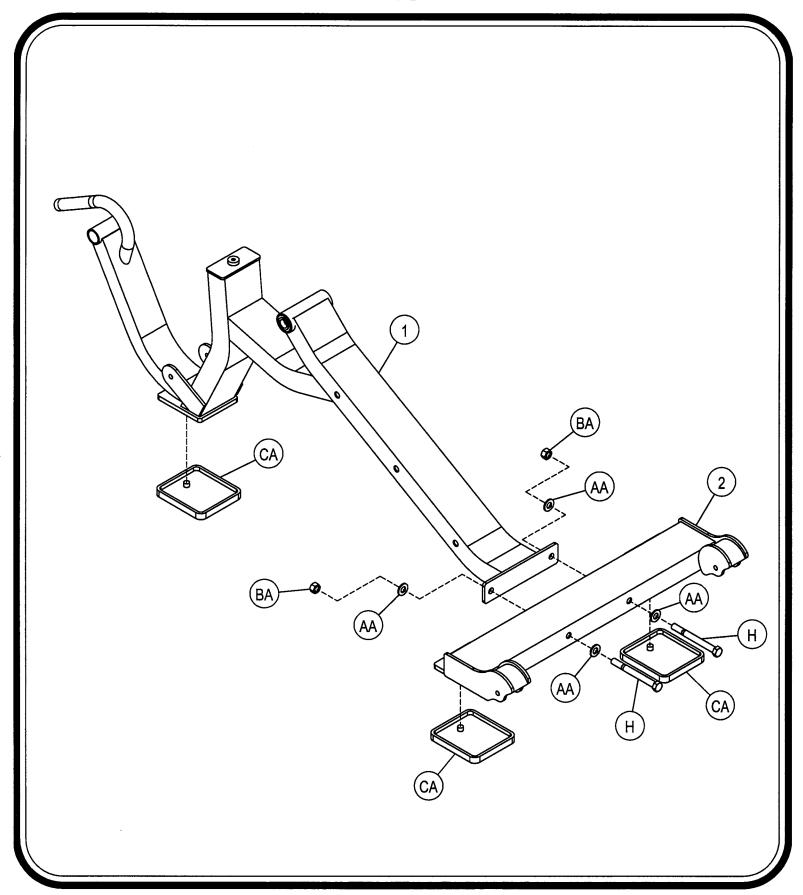
Start assembly by bolting (1) and (2) together. Wrench Tighten bolts.

#### **Part Descriptions**

- 1 MAIN FRAME
- 2 MAIN WHEEL ASSEMBLY

#### **Hardware Descriptions**

- H 1/2" -13UNC x 4 3/4" HEX BOLT
- AA 1/2" FLAT WASHER
- BA 1/2" NYLOK NUT
- **CA RUBBER FOOT PAD**





#### Step 2b FRAME ASSEMBLY

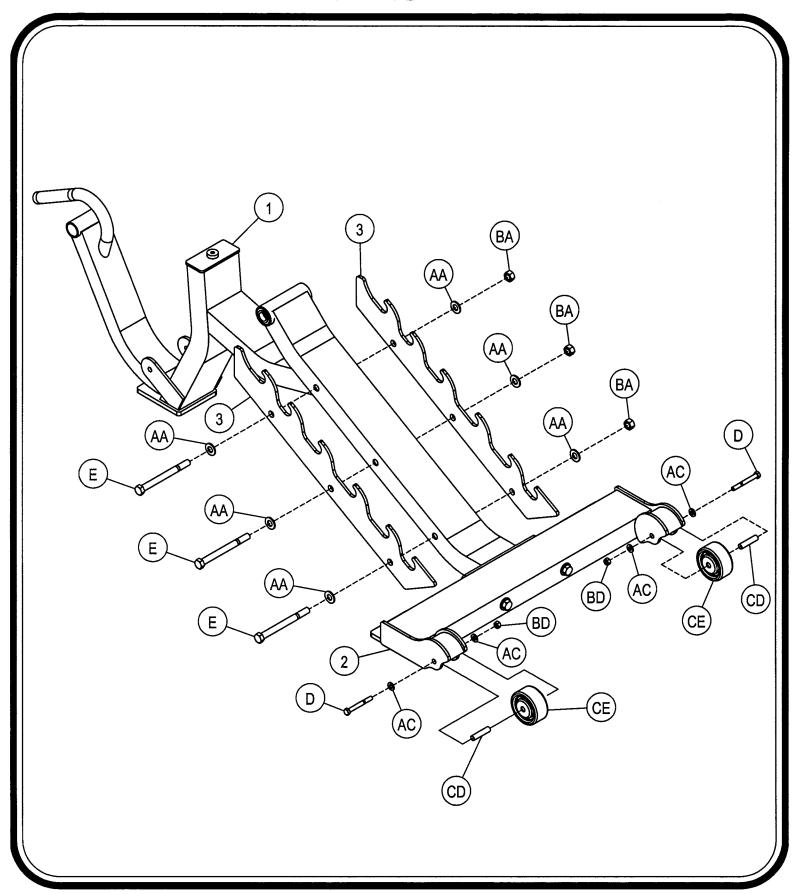
In this step start by inserting (CD) into (CE) and attach (CE) to (2) and Wrench Tighten bolts. Next bolt both (3)'s onto (1) and Wrench Tighten.

#### **Part Descriptions**

- 1 MAIN FRAME
- 2 MAIN WHEEL ASSEMBLY
- 3 SCALLOPED PLATE

#### **Hardware Descriptions**

- D 5/16" -18UNC x 2 3/4" HEX BOLT
- E 1/2" -13UNC x 5" HEX BOLT
- AA 1/2" FLAT WASHER
- AC 5/16" SAE WASHER
- BA 1/2" NYLOK NUT
- **BD 5/16" NYLOK NUT**
- **CD WHEEL AXLE**
- **CE WHEEL**



#### Step 2c FRAME ASSEMBLY

In this step start by sliding (8) into (4) and secure with (I). Next slide (5) into (4), connect (4) to (1) and Wrench Tighten bolt until snug then back off 1/2 turn or enough to make (4) swing freely.

#### **Part Descriptions**

- 1 MAIN FRAME
- 4 SEAT SELECTORIZED ASSEMBLY
- 5 3/4" DIA. x 3.94" AXLE
- 8 ADJUSTABLE SEAT ASSEMBLY

#### **Hardware Descriptions**

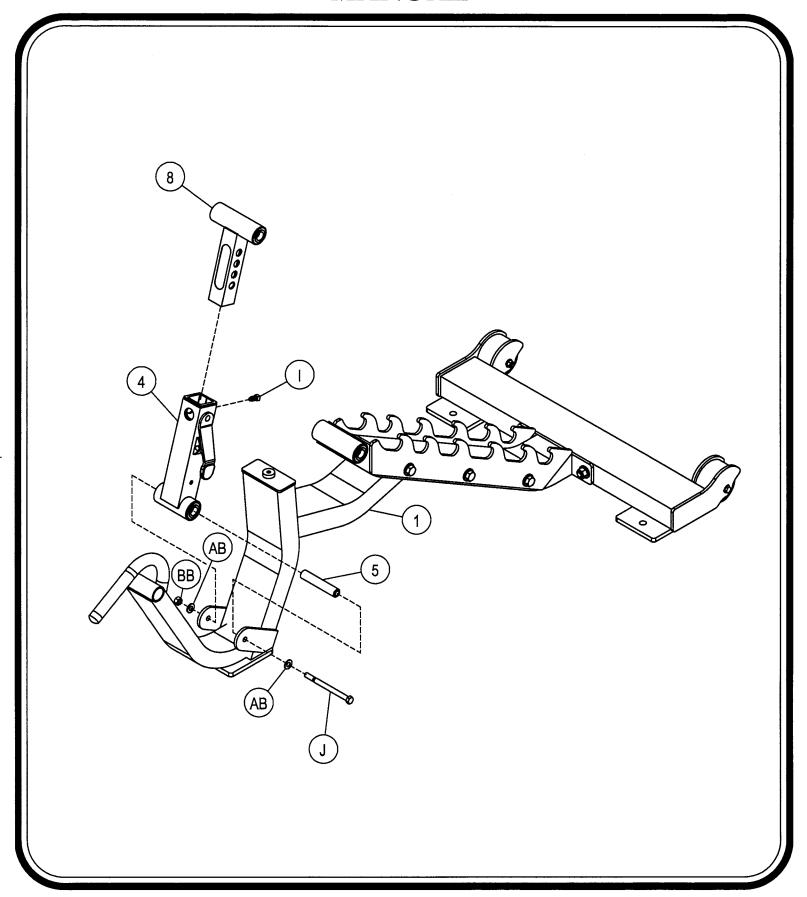
J - 3/8" -16UNC x 5" HEX BOLT

I - 3/8" -16UNC x 3/4" SQ.

**HEAD SET SCREW** 

**AB - 3/8" WASHER** 

BB - 3/8" NYLOK NUT





# Step 2d FRAME ASSEMBLY

In this step start by sliding (11) thru (1). Next, starting from one side of (11) slide (AD), (12) and another (AD) onto (11). Apply the same procedured on the other side. Wrench Tighten bolts. Next slide (7) into the end of (6) and secure with (K). Now attach (27)'s to both sides of (6).

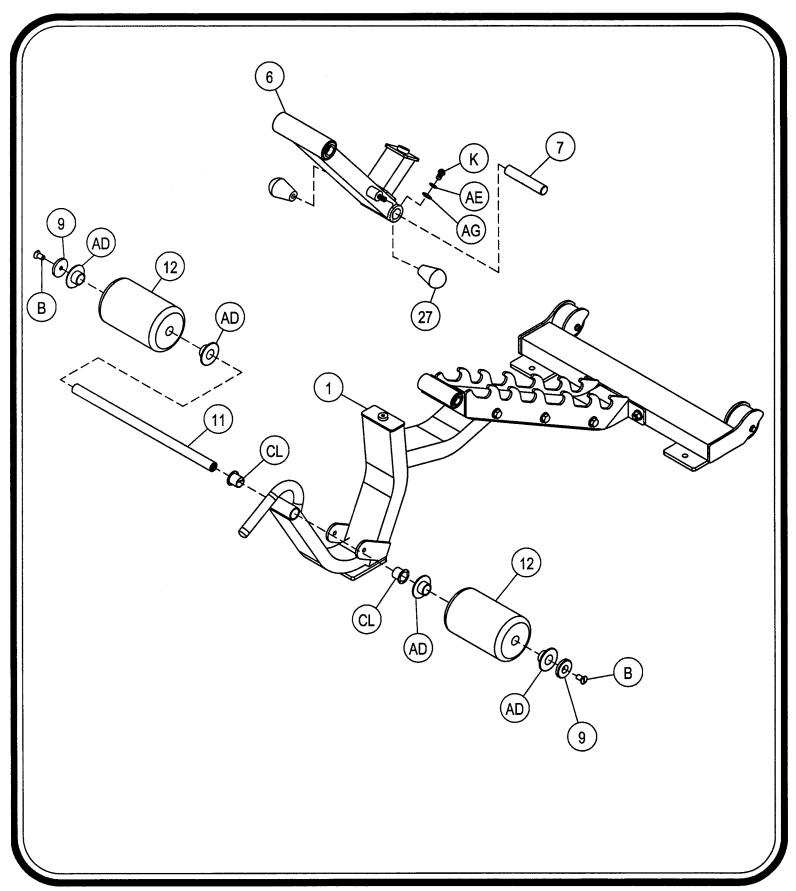
#### Part Descriptions

- 1 MAIN ASSEMBLY
- 6 SELECTORIZED ASSEMBLY
- 7 Ø 1" SHAFT x 5.25" L.G.
- 9 3/8" FLATHEAD CAP, 2" DIA x 5/16" THICK
- 11 1" ROLLER BAR
- 12 5" DIA x 8" LG. ROLLER
- 27 ADJUSTOR KNOB

#### **Hardware Descriptions**

- B 3/8" -16UNC x 1" FLATHEAD BOLT
- K 5/16" -16UNC x 1" BUTTON HEAD SCREW
- **AD PLASTIC FENDER WASHER**
- AE 5/16" INTERNAL LOCK WASHER
- AG 5/16" CURVED WASHER
- **CL NYLINER BUSHING**







#### Step 2e FRAME ASSEMBLY

In this step start by sliding (25) into (8). Connect (13) to (8) and Wrench Tighten bolt snug then back off 1/2 turn or enough to make sure (13) swings freely.

#### **Part Descriptions**

8 - ADJUSTABLE SEAT ASSEMBLY

13 - PIVOTING SEAT ASSY

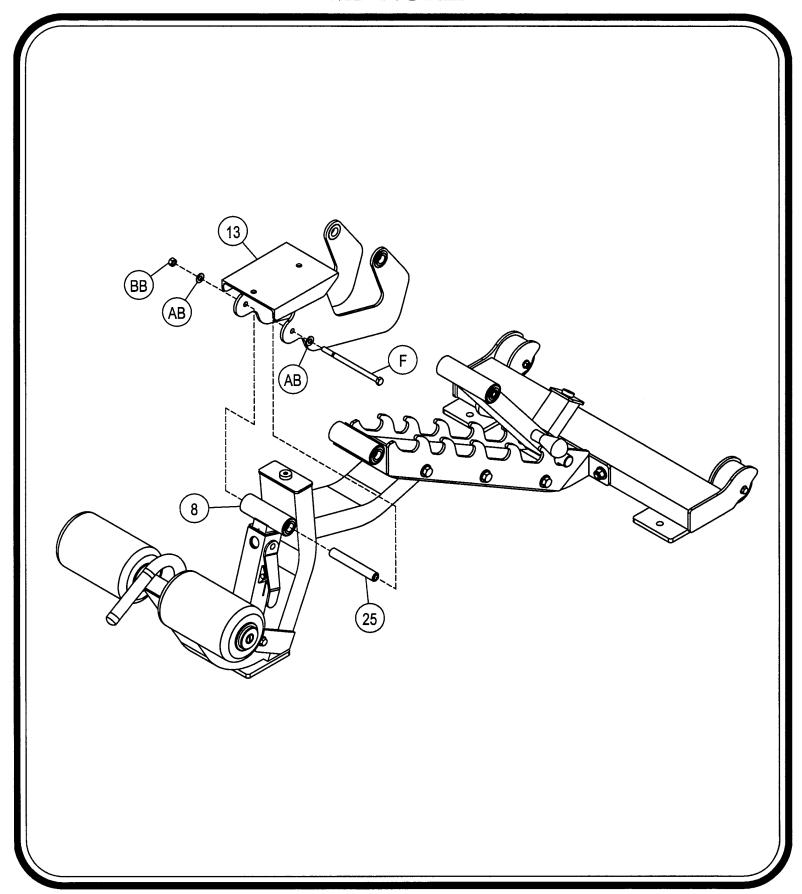
25 - 3/4" DIA. x 5.13" AXLE

#### **Hardware Descriptions**

F - 3/8" -16UNC x 6 1/4" HEX BOLT

**AB - 3/8" WASHER** 

BB - 3/8" NYLOK NUT





# Step 2f FRAME ASSEMBLY

In this step start by inserting one (26) into (1) and another (26) into (6). Connect pivot points with bolts (A). Wrench Tighten bolts snug then back off 1/2 turn.

#### **Part Descriptions**

- 1 MAIN ASSEMBLY
- **6 SELECTORIZED ASSEMBLY**
- 13 PIVOTING SEAT ASSY
- 14 PIVOTING BACK ASSY
- 26 3/4" DIA. x 5.94" AXLE

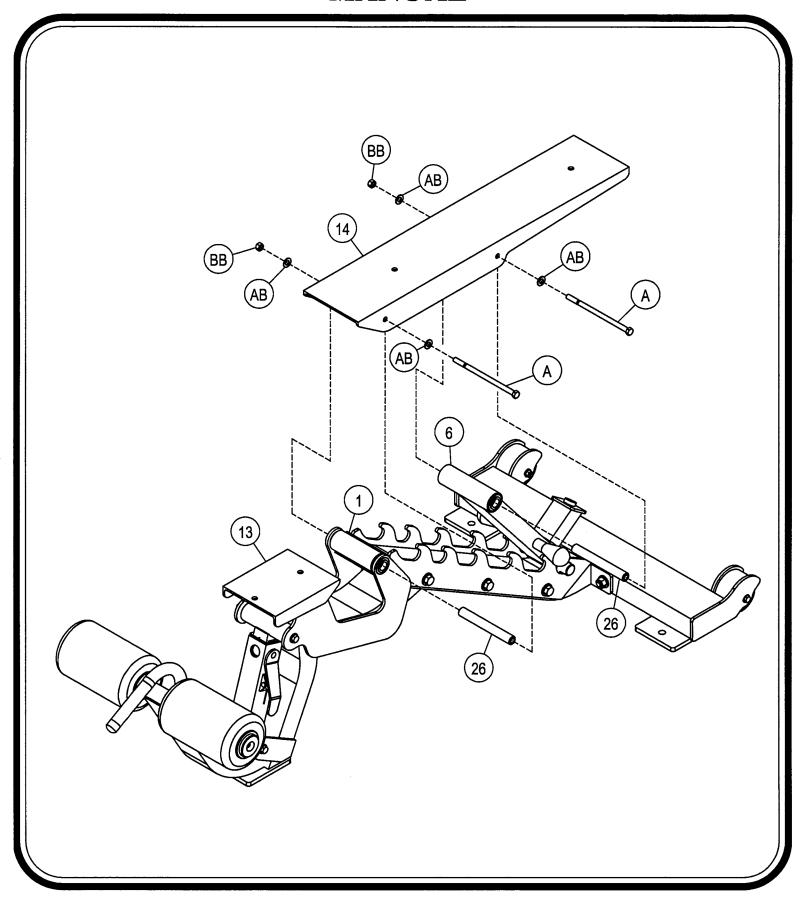
#### **Hardware Descriptions**

A - 3/8" -16UNC x 7" HEX BOLT

AB - 3/8" WASHER

BB - 3/8" NYLOK NUT







# Step 2g FRAME ASSEMBLY

In this step start by attaching (16) and (15) to (14), then (18) and (17) to (13). Wrench Tighten bolts.

#### Part Descriptions

13 - PIVOTING SEAT ASSY

14 - PIVOTING BACK ASSY

15 - BACK GUARD

16 - BACK PAD ASSY

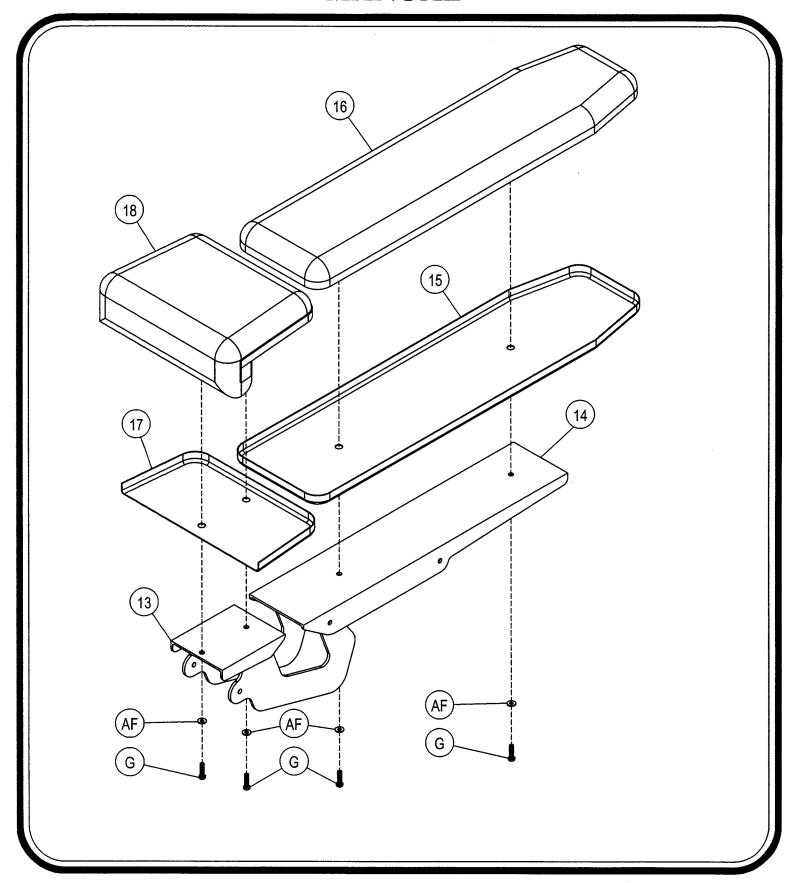
17 - SEAT GUARD

18 - SEAT PAD ASSY

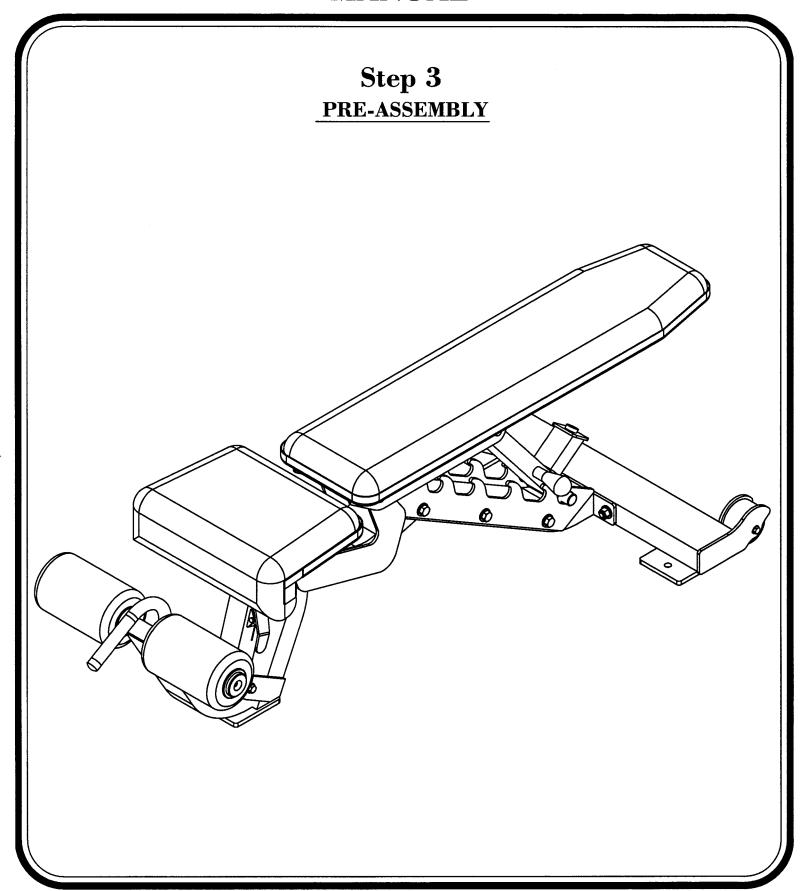
#### **Hardware Descriptions**

G - 5/16" -18UNC x 1 1/4" HEX BOLT AF - 5/16" USS WASHER











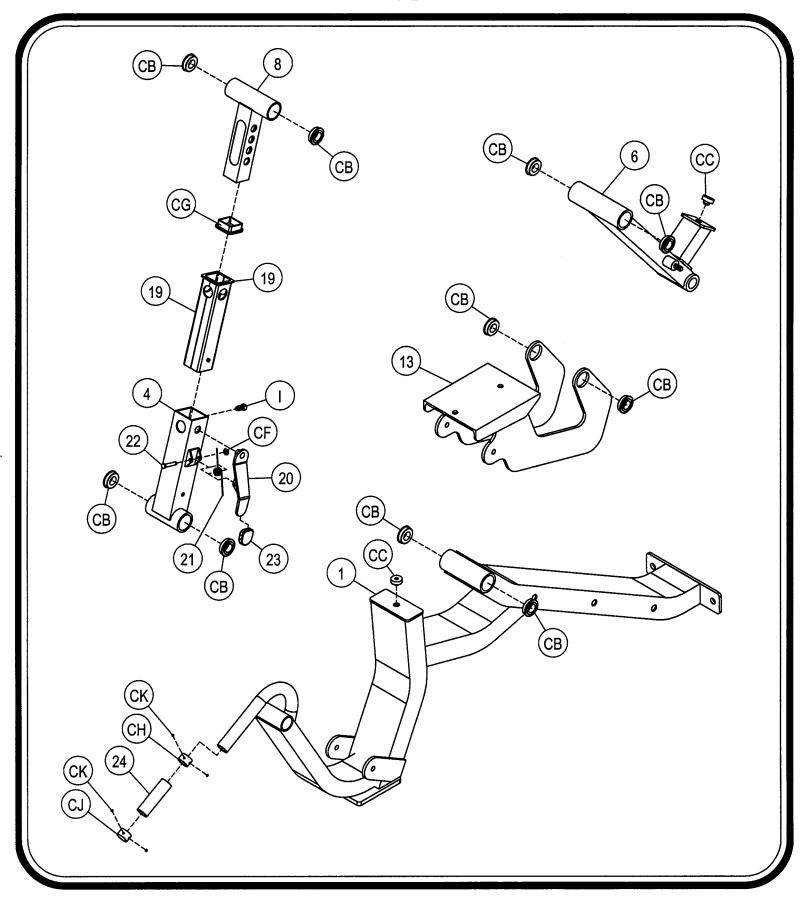
# Step 3a PRE-ASSEMBLY

#### Part Descriptions

- 1 MAIN FRAME
- 4 SEAT SELECTORIZED ASSEMBLY
- **6 SELECTORIZED ASSEMBLY**
- 8 ADJUSTABLE SEAT ASSEMBLY
- 13 PIVOTING SEAT ASSEMBLY
- 19 EZ GLIDE SLEEVE
- 20 LATCH ASSEMBLY
- 21 LATCH SPRING
- 22 LATCH PIN
- 23 PLASTIC GRIP
- 24 RUBBER GRIP 5.90" L.G.

#### **Hardware Descriptions**

- I 3/8" -16UNC x 3/4" SQ. HEAD SET SCREW
- CB 3/4" FLANGED BALL BEARING
- **CC PLUG BUMPER**
- CF C-CLIP
- CG 1 1/2" x 1 1/2" END CAP
- CH Ø1.00" END CAP





# **PART LISTING**

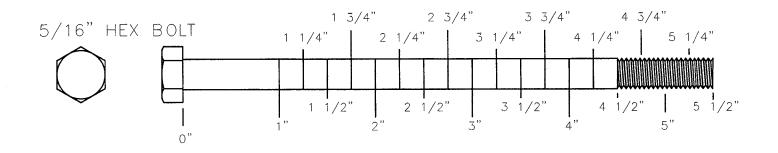
<u><b>Key#</b></u>	Qty.	Part Number	<b>Description</b>
1	1	026-01X1054	MAIN FRAME
${f 2}$	ĩ	026-01X1056	MAIN WHEEL ASSEMBLY
$\overline{3}$	$oldsymbol{\dot{2}}$	026-01P0981	SCALLOPED PLATE
4	1	026-01X1057	SEAT SELECTORIZED ASSEMBLY
5	1	026-01M0583	Ø3/4" x 3.94" LG. AXLE
6	1	026-01X1055	SELECTORIZED ASSEMBLY
7	1	026-01M0582	Ø1.00" SHAFT X 5.25" LG.
8	1	026-01X1058	ADJUSTABLE SEAT ASSEMBLY
9	2	026-01M0238	3/8" FLATHEAD CAP, Ø2" x 5/16"
			THICK
11	1	026-01X1060	1" ROLLER BAR ASSEMBLY
12	${f 2}$	26-STD-10-0244	Ø5.00" X 8.00" LG. ROLLER
<b>13</b>	1	026-01X1059	PIVOTING SEAT ASSEMBLY
<b>14</b>	1	026-01P0982	PIVOTING BACK ASSEMBLY
15	1	026-01PL302	BACK GUARD
16	1	022-01PD0072A	BACK PAD ASSEMBLY
17	1	026-01PL301	SEAT GUARD
18	1	022-01PD0052	SEAT PAD ASSEMBLY
19	${f 2}$	026-01PL125T	EZ GLIDE SLEEVE
20	1	026-01P0480	LATCH ASSEMBLY
21	1	026-01M0503	LATCH SPRING
22	1	026-01M0309	LATCH PIN
23	1	026-01PL329	PLASTIC CAP
24	1	026-01PL206-7	RUBBER GRIP 4" LG.
<b>25</b>	1	026-01M0584	Ø3/4" x 5.13" LG. AXLE
<b>26</b>	<b>2</b>	026-01M0585	Ø3/4" x 5.94" LG. AXLE
<b>27</b>	${f 2}$	020 - 0007004	INCLINE ADJUSTOR KNOB

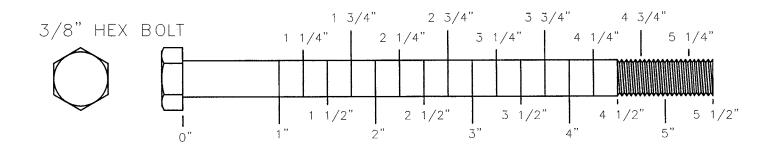


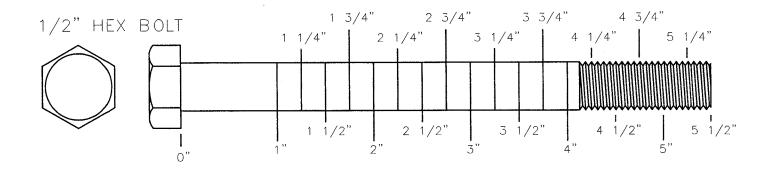
# **HARDWARE LISTING**

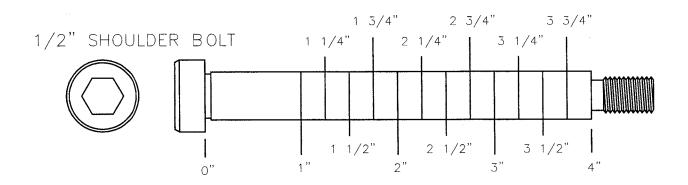
Key#	Qty.	Part Number	<b>Description</b>
A	2	011-0407054	3/8" -16UNC x 7" HEX BOLT (WZ)
В	${f 2}$	011-0102022	3/8" -16UNC x 1" FLAT HEAD BOLT(WZ)
$\mathbf{D}$	${f 2}$	011-0101037	5/16" -18UNC x 2 3/4" HEX BOLT (WZ)
${f E}$	3	011-0407052	1/2" -13UNC x 5" HEX BOLT (WZ)
${f F}$	1	011-0007064	3/8" -16UNC x 6 1/4" HEX BOLT (WZ)
G	4	011-0407053	5/16" -18UNC x 1 1/4" HEX BOLT (WZ)
H	2	011-0007001	1/2-13UNC x 4 $3/4$ " HEX BOLT (WZ)
I	1	011-0311013	3/8" -16UNC x $3/4$ " SQ. HEAD SET SCREW (BZ)
J	1	011 - 0107022	3/8" -16UNC x 5" HEX BOLT (WZ)
K	1	011-0101030	5/16" -18UNC x 1" BUTTON HEAD SCREW (WZ)
AA	10	019 0109009	1/9" CAR BY AT WACHED
AA AB	8	013-0102003	1/2" SAE FLAT WASHER
AG AC	<b>o</b> 4	013-0002004	3/8" SAE WASHER
AC AD	4	013-0002001	5/16" SAE WASHER PLASTIC FLANGED BUSHING
AD AE	1	26-STD-06-0254	
AE AF	4	013-0102007	5/16" INTERNAL LOCK WASHER
AG AG	4. 1	013-0102004	5/16" USS WASHER
AG	1	013-0903003	5/16" CURVED WASHER
BA	5	012-0004001	1/2" NYLOK NUT (WZ)
BB	4	012 - 0004004	3/8" NYLOK NUT (WZ)
BD	2	012-0102006	5/16" NYLOK NUT (WZ)
CA	3	007 01DI 105	DUDDED FOOD DAD
CA	3 10	026-01PL195	RUBBER FOOT PAD
CC	$\frac{10}{2}$	014-0101014 019-0001001	3/4" FLANGED BALL BEARING
CD	<b>2</b>	019-001001	PLUG BUMPER
CE	$\frac{2}{2}$	014-0010000	WHEEL AXLE
CF	1	014-0015001	WHEEL
CG	1	014-0015001	C-CLIP 1 1/2" x 1 1/2" END CAP
CH	1	016-0201004 026-01M0324	1.030" I.D. x .375" ALUMINUM RING
CJ	1	026-01M0324 026-01M0323	1.030" I.D. x .375" ALUMINUM KING 1.030" I.D. x .75" ALUMINUM CAP
CK CK	4	020-01M0323 011-0311005	
CL	2	011-0311005 014-0011001	10-32 x 1/8" SET SCREW
	<b>4</b>	014-0011001	NYLINER BUSHING



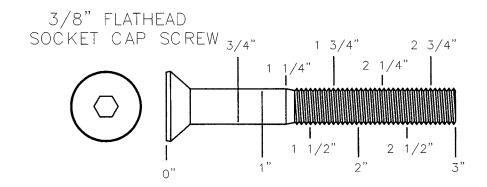


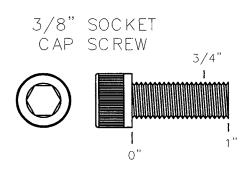


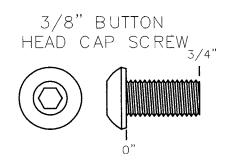


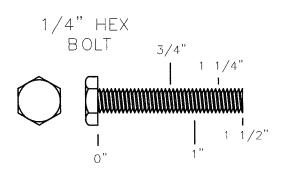


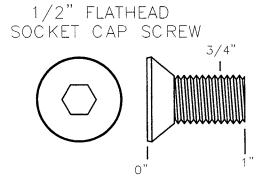










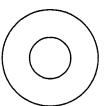




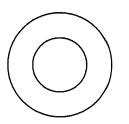
5/16" FLAT WASHER LARGE, USS, 25mm



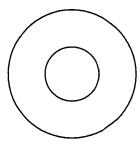
3/8" FLAT WASHER



1/2" FLAT WASHER SMALL, SAE, 26mm



1/2" FLAT WASHER LARGE, USS, 34mm



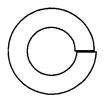
1/4" LOCK WASHER



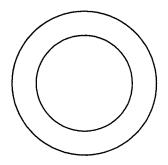
3/8" LOCK WASHER



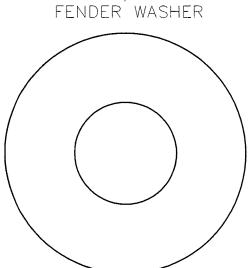
1/2" LOCK WASHER



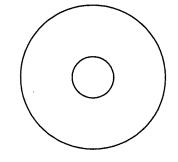
1" SHIM WASHER



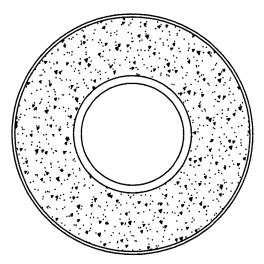
1 1/16"



3/8" FENDER WASHER

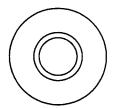


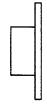
PLASTIC 1 1/16" FENDER WASHER



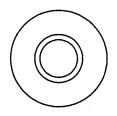


1/4" LONG FLANGED SPACER



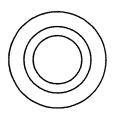


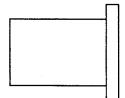
1/2" LONG FLANGED SPACER



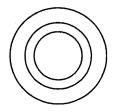


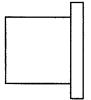
1/4" LONG HEAVY FLANGED SPACER





11/16" LONG HEAVY FLANGED SPACER





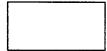
1/2" LONG SPACER



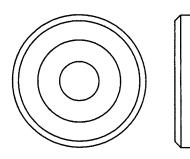


1" LONG SPACER

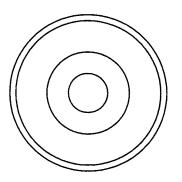


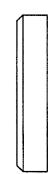


1 3/8" ALUMINUM FLATHEAD CAP









#### **WEIGHT TRAINING TIPS**

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



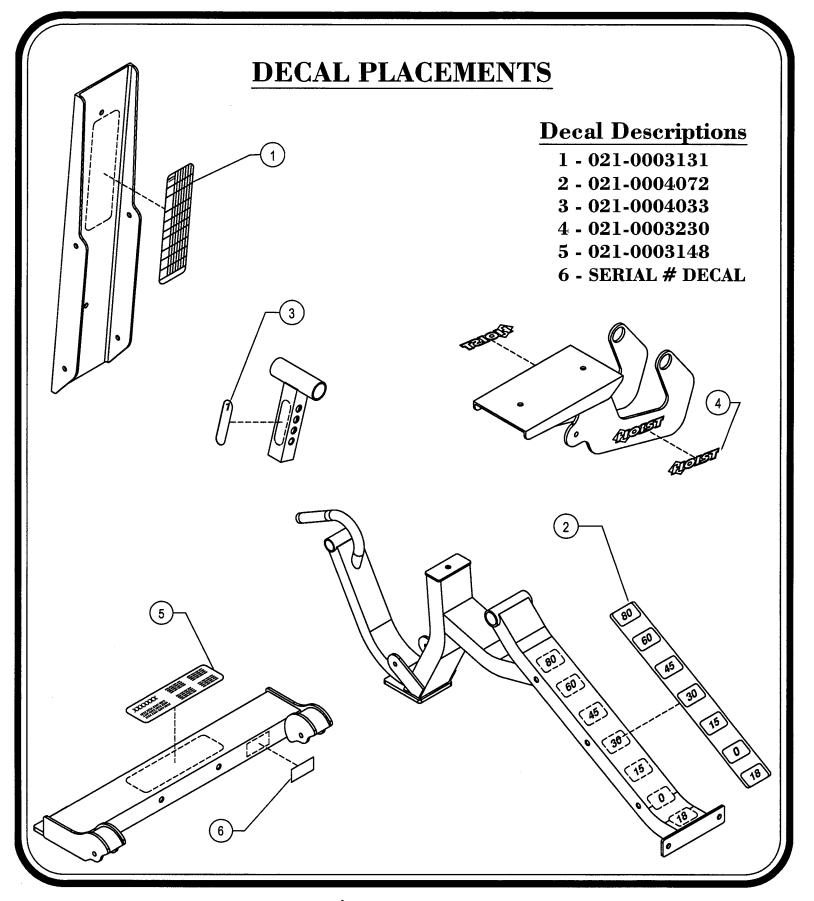


# Exercise S R 8 S Ħ Ø S X S R S R M S RW R S S RW S R W S RW S RW

# WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used







#### **DECAL PLACEMENTS**

This decal has been attached to this piece of equipment to provide information regarding operation, saftey and maintenance. Before use, take the time to read these decals.

Yearly												X
Months										X	×	
Monthly								×	×			
Weekly				X	×	×	×					
$D_{aily}$	×	×	X									
ROUTINE MAINTENANCE	Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	Clean; Upholstery	Inspect; Cables or Belts and their tension	Inspect; Accessory Bars and Handles	Inspect; All Decals	Inspect; All Nuts and Bolts, Tighten if Needed	Inspect; Anti- Skid Surfaces	Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings	Clean and Wax; All Glossy Finishes	Repack with Grease; Linear Bearings	Replace; Cables, Belts and Connecting Parts

021 - 0003131

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#### **DECAL PLACEMENTS**

SERIAL # DECAL; Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.

**- 2 & 4** 

021-0004033



021-0003230

#### **▲ WARNING**

USE ONLY GENUINE HOIST
REPLACEMENT PARTS. FAILURE TO
DO SO WILL VOID WARRANTY AND
COULD RESULT IN PERSONAL INJURY
OR EVEN DEATH. THERE IS A RISK
ASSUMED BY INDIVIDUALS WHO
USE THIS TYPE OF EQUIPMENT.
TO MINIMIZE THE RISK
ALWAYS FOLLOW THESE
SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistence training. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.

6. Take your time and do not rush the exercise. Practice proper breathing, NEVER hold your breath.

7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

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#### **DECAL PLACEMENTS**

SERIAL # DECAL; Always refer to the number shown on your piece of equipment when talking to customer service or ordering parts.



**SERIAL # DECAL** 





# HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

#### Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

#### Upholstery:

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or warn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

#### **Guide Rods:**

\*Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.

#### Decals:

\*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

#### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

#### **Anti-Skid Surfaces:**

\*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

#### Belts and Cables:

- \*Hoist uses only high quality belt, and mil-spec cables.
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.



# GENERAL MAINTENANCE INFORMATION (CONTINUED)

#### Cable Tension:

- \*Referring to the Owners Manual, check all cable bolts and attachment to be sure they are properly attached.
- \*Check slack in cables and readjust cable tension if needed.

#### Seat Sleeves, Turcite Bushings:

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.

#### Linear Bearings:

\*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

#### PLEASE KEEP THIS FOR YOUR RECORDS



#### HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components. belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

#### WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential

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WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

**TRANSPORTATION COSTS**. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

**WARRANTY CLAIMS**. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems 9990 Empire St. #130 San Diego, Calif. 92126 (800)548-5438

Web Site - www.hoistfitness.com

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